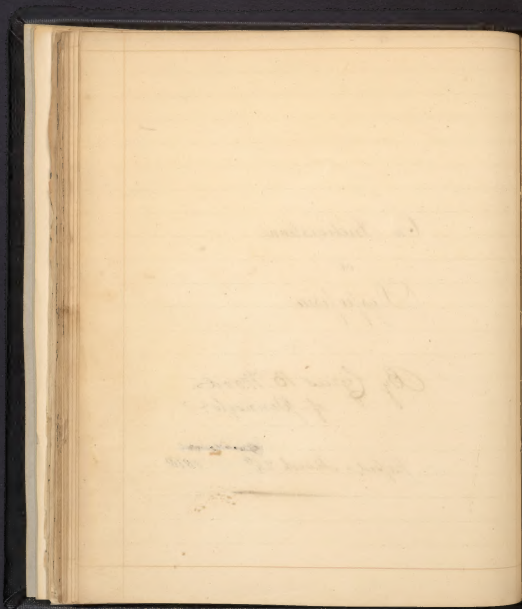


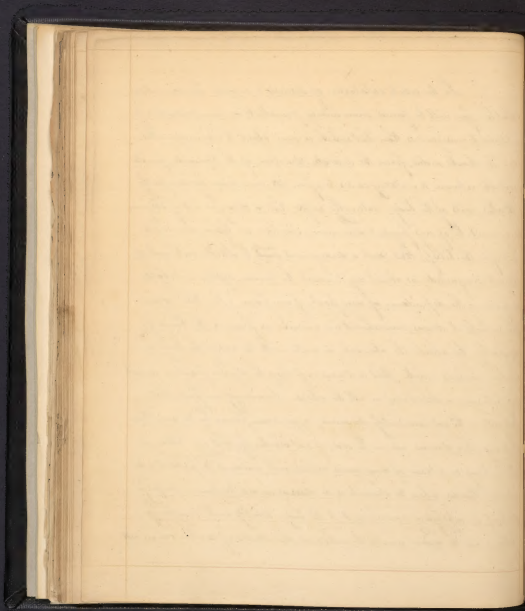
On Indigestion.
or
Dyspepsia.

By Cyrus B. Wood.
of Pennsylv^a.

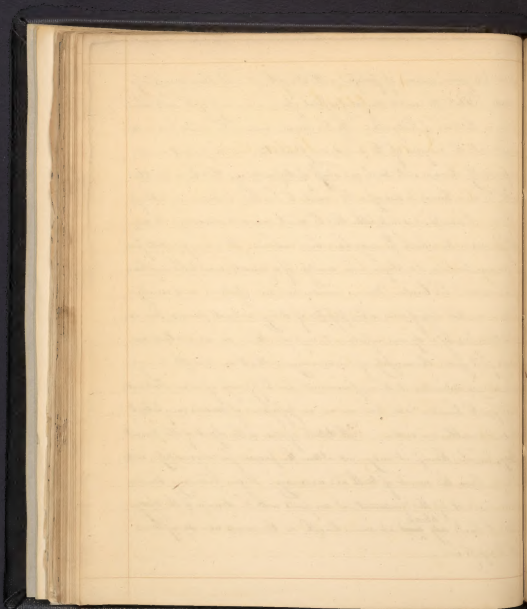
~~Philadelphia~~
prepared March 24th 1810



In the whole catalogue of diseases to which human nature is liable, few will be found, more widely prevalent, or more productive of unpleasant consequences than that which is now about to claim our attention. We should, indeed, from the delicate structure of the stomach, from its inevitable exposure to irritating causes, and from its connection by sympathy with other parts of the body, naturally infer, that a derangement of its functions must be of very frequent occurrence. Nor have we ~~less~~ ^{many} grounds to be firm for the belief, that such a derangement ~~would~~ ^{must} be attended with evil of as great magnitude as almost any to which the human system is subject. So close is the dependence of every part of our frame upon that organ from which it derives nourishment and increase, so firm is the bond of sympathy by which the stomach is united with the rest of the body in one harmonious whole, that a disease affecting the digestive function cannot but occasion a disturbance in all the others. Accordingly we find that Indigestion, tho' not immediately dangerous, is yet accompanied by the symptoms of many other diseases, and, in the end, if not checked by art or nature, is apt to bring on a train of consequences which will conduct the patient to the grave. Besides, when the stomach is so diseased as not to perform ~~improperly~~ its part in supplying nourishment to the body, debility will necessarily follow; and the system, unable to withstand the attacks of morbid causes, will



yield to a force, which, if fortific'd with strength, it would have successfully resisted. But the remote danger of a fatal issue, is one only of the evils which follow in the train of Indigestion. By this disease, when it has arrived to a certain height, all the energies of the mind are prostrated; and the patient is not infrequently thrown into such an abyss of despondency, that he is tempted with his own hands to destroy a life which he has been rendered incapable of enjoying. In situations, it is impossible, that he should carcass to advantage the great Powers, with which he may have been endowed. He is incapacitated from performing the duties of a citizen to his country, of a private man to his neighbours, of a creature to his Creator. When we consider that these effects are, most usually produced in that class of men, who, possessed of strong natural powers, have exerted themselves by study and reflections to improve them, we cannot but see, in its full force, the necessity of endeavouring, with all our strength, to counteract a monster so destructive to the improvement and happiness of man. Fortunate is it for the human race, that we are in possession of various comforts to so desirable an end. — A detail of these is the object of the present essay, which, though it may not obtain the praise for originality, will, I hope, have the merit of truth and accuracy. Before proceeding, however, to an account of the treatment, it comports with the design of the essay, that I should ^{say} ~~say~~ ^{at some length} on the causes and symptoms of Dyspepsia. —



First.

Causes of Indigestion.

Cullen observes that the proximate cause of Indigestion is "an inability, loss of tone, and weaker action in the muscular fibres of the stomach." Then a debility of the muscular fibres can give rise to the symptoms of this complaint, & an at-a-loss to determine. I can much more easily conceive that they result from a diseased action of the secretory vessels, producing a gastric liquid, either deficient or superabundant in quantity, or vitiated in the properties by which it acts on the food. But whether the symptoms arise from debility of the muscular coat, or from an unhealthy condition of the secretory vessels, certainly neither of these can be the proximate cause of Dyspepsia. For in this case, what is the disease itself? is it constituted by the symptoms taken collectively? Such an opinion would be absurd. The disease is that which produces the symptoms, and, in the present instance, is nothing more nor less than what is generally denominates the proximate cause. But to say that the effect and its cause are the same, is to contradict common sense, or at least to introduce a great want of precision into language. Indeed the term proximate cause of trouble, I think, be entirely dispensed with in medical nomenclature; as it is not only

superfluous, but also calculated to excite confusion in the mind of the student. I shall, therefore, proceed to the consideration of what may truly be denominated the causes of indigestion. The only methods in which the stomach can be affected by various agents are two; - either by their operation on itself, or through the medium of that sympathetic innervation which exists between it, and the other parts of our system. These are may rank the causes under two heads, corresponding to their manner of action; and first let us enumerate some of those which act directly on the stomach.

I. 1. One of the most frequent causes of Dyspepsia, is an indulgence in the use of articles which, when admitted into the stomach, stimulate it beyond the natural point. It is, I believe, an established principle of Physiology, that in proportion to the frequency & degree of excitement, is the diminution of the capacity for being excited; and when a part has become habituated to the action of stimulants, it not only loses the power to perform of itself its appropriate function, but is at length excited with difficulty by the stimulants themselves. Hence men are more liable to the complaint of which we are treating, than those who are in the habit of using immoderately either spirituous liquors, or opium. Even tobacco, when long continued, will sometimes wear out the powers of the stomach. On the same principle may we explain the operation of various other articles, such as emetics, coffee, tea &c; which when ~~and~~ often employed, are by no means the least efficient causes in producing Indigestion.

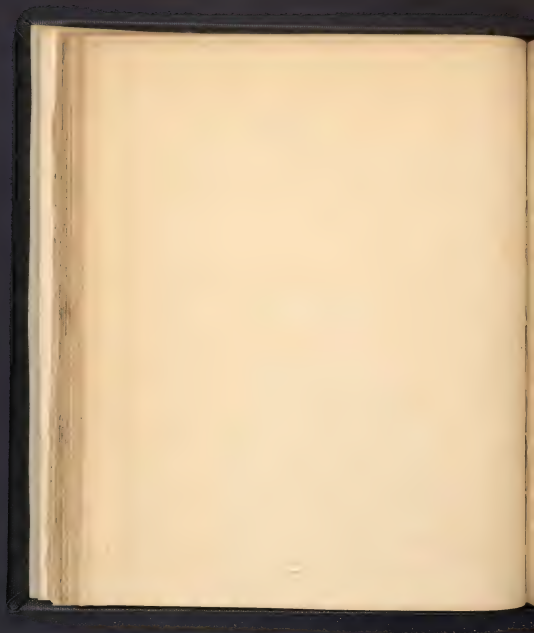
2. A diet of difficult solution in the gastric liquor may also be

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ranker among the causes of this complaint. It must be plain to all from the known
inactivity of the Animal economy. But when the stomach is filled with food of such
a nature, it will exert itself to overcome the difficulty, and this exertion, too
same result as though it were excited by various secret stimulants, to hasten, follows
expensive exercise as necessarily as dejection follows excitement. Food, difficult solution
is injurious in another way. Remaining a long time undigested in the stomach, it must
irritate the internal coat of that organ, and of consequence produce a disorder in the vessels
by which the gastric juice is elaborated.

3. Retention of the stomach either with food or drink is a third cause
which may operate in producing a derangement of the digestive function. Such prompt
of the mechanical injury, to some consequence ~~must~~ follow from an over-
the stomach with abundant view of easy digestion, as from the use of Stimulants,
of indigestible food. In every instance the juices of this delicate organ are
exalted above the natural point, and like the wine which has been raised above its
usual level, must, when the force is no longer applied, sink as far below.

4. It has long been remarked, that certain sensations of the mind
give rise to peculiar sensations about the digestive region, and, when either greatly
indulged, produce in the actions of ~~that~~ the stomach a derangement, which, in
every respect, resembles the disease occasioned by the causes above mentioned. Thus it
is that such an effect is experienced, remains, and, I think, ~~will~~ ever remain
among the mysteries of nature. But that an immediate connection does exist between

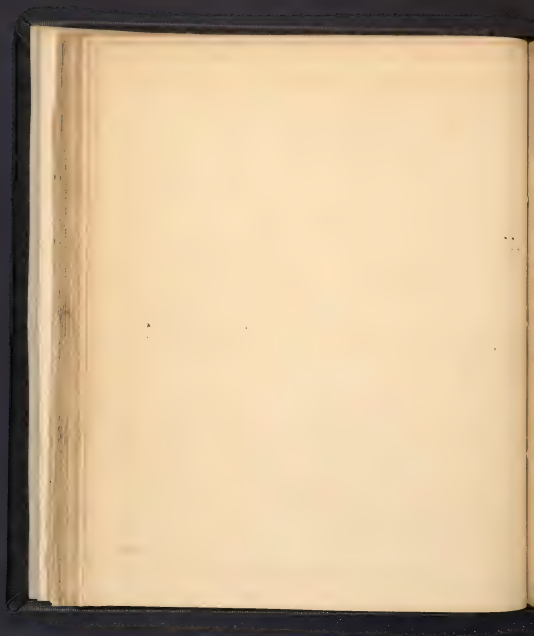


the stomach and the depressing emotions, such as Grief, Melancholy, anxiety, &c. appears both from our reasoning, when under their operations, a disagreeable sensation is the effect, and also from the circumstance that Dyspepsia almost always induces a depressed state of mind. To resort to the general system as the medium by which melancholic emotions act on the stomach is not only unnecessary, but is even to contradict what experience must have taught every one who has manifested to every attentive observer.

II. We now proceed to consider the 2nd. set of causes which hinder indigestion, or those which act directly on the stomach, &c. rationally.

1. Whatever either directly or remotely debilitates the body, ^{may} also debilitate the stomach, and consequently may give rise to Dyspepsia. Hence diseases of various kinds; except in the indulgence of the Venereal aphorism, frequent depletion by bleeding, purging &c; excessive exercise, sedentary habits, especially when combined with intense study, and anxiety of mind; with many other causes of a nervous nature, are often justly accused of inducing this complaint: Students, for instance, are more liable to it than any other sort of people even; for they generally are over little too, exercised, are constantly fatiguing their minds by too close an application to study, &c. now, if we may believe the accounts of physicians, are apt to give way to a practice, which, though it may be indulged with decency, is yet very injurious to the health both of the soul & the body.

2. The above causes are such as are their offices to the system, &c. &c.



between the stomach and the general system; ^{a close} ~~also~~ a connection exists also between
that organ, and particular parts of the body. And hence all ~~or~~ those causes which
derange the healthy action of these parts, derange also that of the stomach, and conse-
quently are productive of Indigestion. Thus warmth relaxes the skin, and has a great
an influence over the function of digestion, that persons in whom this function
is badly performed are almost invariably worse in summer than in winter. -
Inflammation of the liver, and of the other viscera ^{is} frequently accompanied with
Dyspepsia. Nothing is more common than for this disorder, in women, to attend
any derangement of the operations peculiar to the sex. In pregnancy, in re-
tention of the menses, and after these have ceased in females somewhat advanced
in life, Indigestion is very often experienced. To this, indeed, may be attributed,
in a great measure, all those nervous complaints ^{which} women in genteel
life are so apt to be affected.



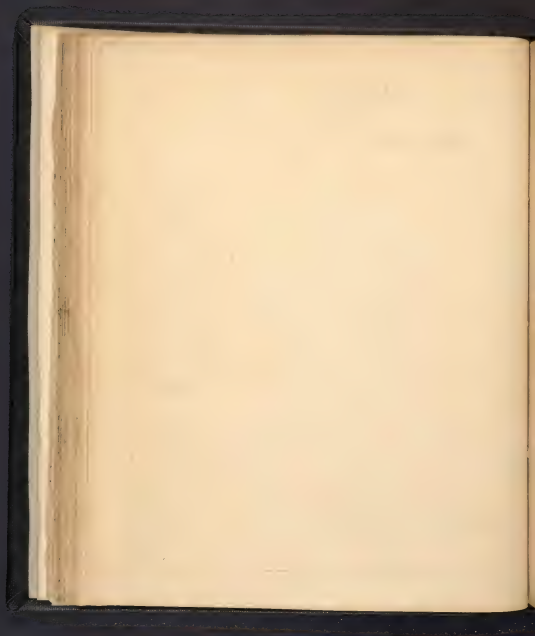
Second.

Symptoms of Indigestion.

The symptoms of Dyspepsia are so numerous and diversified, that to enumerate and arrange them all, would require not only more time than can now be afforded, but also more judgment and experience than can have fallen to the lot of one who has but just entered within the portals of Medical Science. Enough, however, shall be mentioned to characterize the disease, and more than this can hardly be expected.

Of the symptoms which I shall enumerate, many are absent in any one case of the digestion, and sometimes, perhaps, very few are present: but as they all derive their origin from the same source, and one of them, in any instance, is, not to be found without several of the others, they may, I think, with propriety be ranked under the same general head.

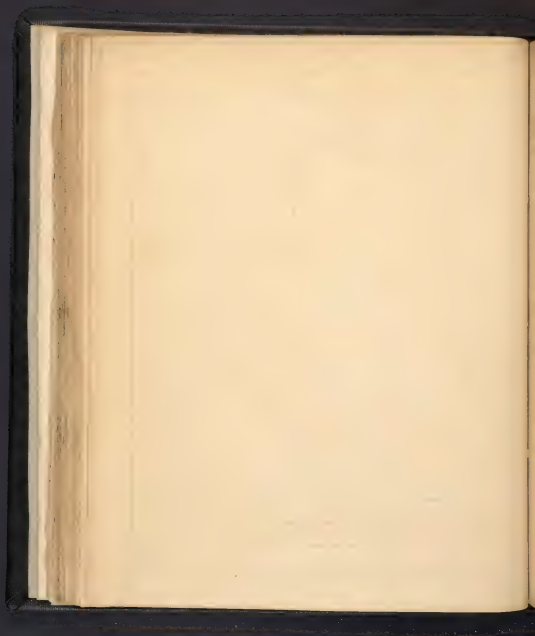
Though in a common case of the complaint there is little acute bodily suffering, yet the patient almost always experiences a disagreeable sensation, sometimes described as that of hollowing, sometimes amounting to a dull kind of pain, which occupies the region of the stomach, often ascends into the breast, especially on the left side, and not unfrequently extends down the arm. This sensation, peculiar to the disease of which we are treating, occurs in some persons before meals, particularly



before breakfast; in others after they have been eating food of difficult digestion: arising, it is probable, in the former instance, from the stimulant action of an increased quantity of gastric liquor on the internal coat of the stomach; in the latter, from the irritation of the same coat occasioned by the presence of food which there is not sufficient of that liquor to dissolve with the usual rapidity. What goes to confirm this as been supposition is, that in those instances when the patient experiences pain with an empty stomach, he also, in general, has a good appetite; and, on the contrary, when he is much troubled after eating, he seldom feels a strong desire for food. The sensation, concerning which we have been speaking, gives rise to the unnatural habit of sucking, for which some persons afflicted with indigestion are remarkable.

Another symptom is nausea, and a vomiting of almost any article which may have been taken into the stomach. Dr. Parrish, of whom I shall ever treasure my preceptor, afforded in himself, an exemplification of this trouble. He has informed me, that, while yet a young practitioner, he was severely afflicted with Dyspepsia; and, among other circumstances, that he was unable to retain on his stomach any article of diet, except some preparation of beef. In many instances the stomach is very capricious in its choice of food, and setting all general rules at defiance, accepts itself a species of diet which we should consider in common as exceedingly pernicious. I have heard of a Yorkshire lady who could eat nothing but Indian-dumplings, and of another with whom cabbage agreed better than any other article.

Eruptions sometimes sour, sometimes extremely acrid & scalding;



Stomach, is jagged ~~with~~ dilataes of air by the mouth; a hot & disagreeable breath are also common to it of indigestion. The bowels are generally though not always ~~not~~ costive; sometimes by an irregular, and sometimes in a loose condition than natural.

Thirst, vertigo, prostration, dimness of vision, palpitations of the heart, difficulty of breathing, a sense of constriction or encasings in the throat; transient pain in the back of the neck, shoulders &c., perhaps more imaginary than real; coldness in the feet with others of a similar nature, are symptoms not unusually to be found in dyspeptic cases, and arising from the sympathetic connection of the parts affected with the stomach.

There is generally an emaciation of the body; haleness of the surface; flashes of heat; some febrile action, especially in the night; accompanied, in the morning, with a disagreeable taste, & a four

The system is often extremely sensitive, and apt to be disordered by the slightest emotions. Hence arise the sleepless nights of which those who are afflicted with Indigestion sometimes complain. The hearing of a pleasant or melancholy piece of news, the occurrence of any uncommon event, even the unexpected presence of a friend or enemy, are circumstances sufficient to give such a shock to the frame, that it cannot for a long time without much difficulty be composed into sleep.

But among all the attendants of indigestion, there is none, perhaps, more insidious, nor any one half so troublesome, as a depressed mind. How often do we see the victim of this disease, obstinately blinded to his truth, fooling to himself nothing but evil, neither enjoying the present, nor with any prospect of enjoying the future! He constantly fancies himself, under the influence of some mortal



diseases; one, if a student of medicine, or allowed to peruse medical works, there is not a complaint with which at one time or another he does not think himself affected. Consumption is generally the disorder which physicians of this kind are most apt to dread. Indeed between the commencement of *Phthisis Pulmonalis* and some cases of *Empyema* there is not a little resemblance. For in the latter as well as in the former there is sometimes cough & other pain in the breast. It is not the best means of determining them, in the one circumstance of which we were just speaking. It is almost impossible that consumptive patients retain the power of expectoration to the last, while it is usually true that even under the influence of *Empyema* discharges from the lungs cease.

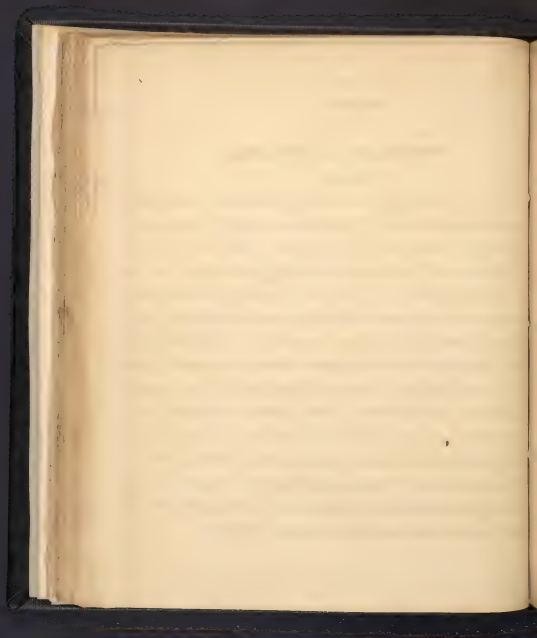
It next remains to mention some affections of the stomach which though not always fatal; under the title of *Indigestion*, are sometimes, very common attendants of the 1st condition. I allude to *Peritonæa*, *Dyspepsis*, & *Cardialgia*. The 1st is supposed to be a species of the purserian kind of the stomach, and is, perhaps, closely allied to the painful affection of that organ which takes place in stoma & retrocedent gastr. The nature of the 2^d is not well understood, and much difference of opinion has existed relative to its cause. It occurs most commonly in the female sex, and is attended with a severe pain & sense of constriction in the stomach, which are followed & relieved by the discharge of a thin fluid viscidulous water. Of the three affections, *Cardialgia* is, perhaps, the most general. It consists in a burning sensation about the region of the heart, one is supposed to depend upon the presence of acid in the stomach, occasioned either by the fermentation of the food, or a irritation of the gastric juice.



Third

Treatment of Indigestion

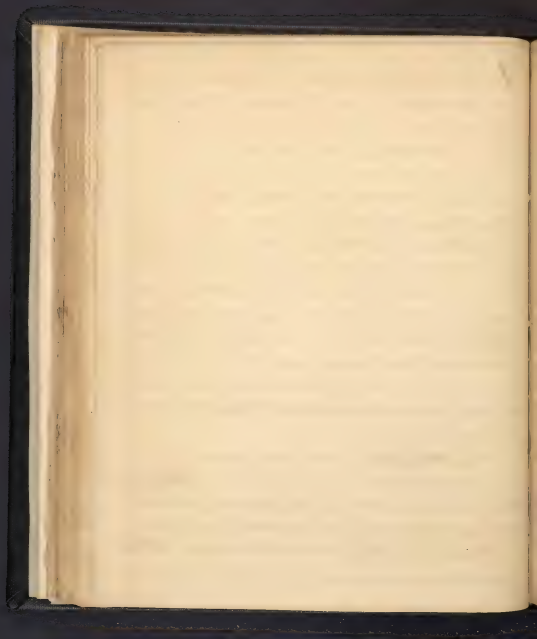
Upon entering upon the treatment of Indigestion, we should always recollect, that in the several parts of our body there is a natural elasticity, by which, when disordered, they have a natural tendency to return their former condition, and that, consequently, so much is required of the physician, than to remove the existing cause. Did not the same time, we should not forget that the bow long bent loses at length its pliancy, and that some extraordinary means may be necessary to restore it to its primitive state. The system, after having been disordered for a great length of time, acquires a new habit, and, even though the ^{positive} cause should be done away, will continue to be affected in the same manner, unless some powerful means are employed to bring it back to a healthy condition. Plucking our eyes, then, on this point, we shall be enabled to see with clearness the course to be pursued in order to gain the desired point. The first point which should claim our attention is the removal of the cause to which the disease may owe its continuance; the second is to assist the operations of nature, if, by long continuance, she has lost her nature's inherent energy. According to these indications, the treatment naturally divides itself into two parts; and we will now proceed to give our attention to the first.



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I The removal of the causes by which the disease was occasioned or is continued. — To repeat under the first head all the varieties of circumstances which may produce or continue the complaint which an answer considering, would be entirely superfluous; for any man of common sense must know in what manner the greater part of them should be avoided. By some, however, it is necessary to treat with similitude. A want of Exercise, and an improper employment of Diet are two circumstances which more particularly in obstructing Indigestion, than all the other causes united; and, if we can point out the proper method of removing the former and of regulating the latter, we shall have advanced very far towards accomplishing our present purpose. Afterwards it will be necessary to say a few words relative to the removal of certain Attendants of Dyspepsia, which, as long as they remain, form a hindrance to cure the complaint, and may, therefore, be considered as causes of its continuance. — The 1st part of the treatment, then, divides itself into 3 inferior parts; — viz. the consideration of 1st. Exercise, 2nd. Diet, and 3rd. of some attendants of Indigestion which act as causes of its continuance.

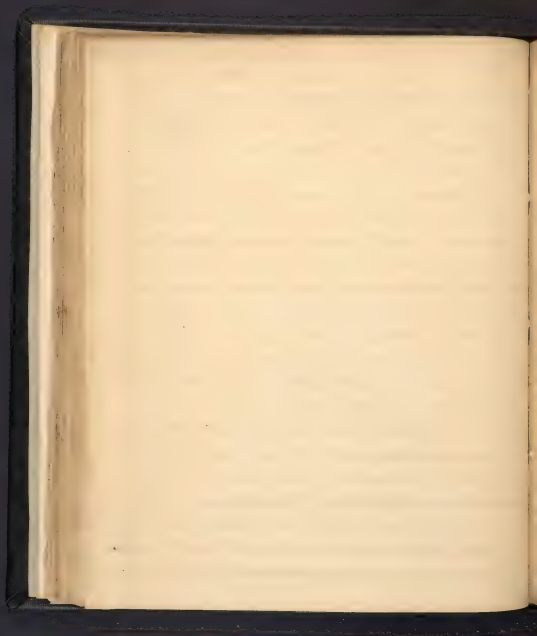
1st. Of Exercise. A certain portion of exercise is, natural to man; and a want of it is, as much as any other cause, productive of Indigestion. When, therefore, we recommend its employment in this disease, we prescribe it, not as a medicine for the purpose of giving tone to the stomach, but as one of those circumstances in a combination of which the health is even sustained, if not restored.



Too much exercise, however, is perhaps, as injurious as too little; with this difference that the latter debilitates the system directly, the former, like all stimulants, by producing previous excitement. A person under the influence of Dyspepsia should be careful to accommodate the degree of Exercise to his strength; and should never proceed so far as to produce much fatigue and consequent exhaustion.

The Manner of using Exercise is also worthy of consideration. Riding on horseback is, perhaps, the best method to which a person not ~~too~~ greatly debilitated can resort. Indeed nothing is more successful in the cure of Indigestion than a journey in this way; and I can venture to say that few of those who are accustomed to such travelling are afflicted with the complaint. But some are too weak to bear the sitting of a horse. For this reason of a gentle kind, such as rising in carriages, strolling, walking &c., should be recommended.

But the most important consideration relative to exercise, is ^{of the} ~~the~~ time at which it may be employed with the greatest advantage. Relative to this point, there is, I believe, some difference of opinion. The exercise early in the morning it may be objected, that the excitement by which our strength is sustained has been exhausted, and for a time exhausted; and that exertion, made at such a time, would be like an attempt in one who to walk alone, in one who had always been accustomed to lean on a staff for support. I know several, and am myself among the number, in whom much exertion on an empty stomach invariably produces head-ache, and nausea; and for a time, at least, aggravates the dyspepsia.



of Indigestion. But if exercise on a stomach entirely empty is injurious, it
should also be avoided by Dyspeptic patients after a full meal is so long as when
the stomach is loaded, and should, therefore, never be employed by Dyspeptic patients
after a full meal. Indeed Nature seems to have pointed out a practice directly op-
posite, for not only do human beings subvert nature, as the superior animals,
after having ate freely, almost always feel drowsy, and disposed ~~rather~~
for sleep. The reason for this operation of nature is not, I think, obscure. In
digestion is one of the most important functions of the body, and from our habit of taking
food at stated intervals, must be carried on ~~at stated intervals~~ with greater ac-
tivity, and consequently requires a greater supply of nervous influence at one time
than another. To afford this supply the other functions, especially those which are
less denominated animal, receive a less share than usual; and a disposition to sleep
is the consequence. But we need not resort to theory to prove that the practice of taking
exercise on a full stomach is injurious to the health of Dyspeptic patients. In those who
are accustomed to discharge their food by the mouth and excrete immediately after
eating, always experience the complaint. As I have been now informed by one of your
in the way, that if he ~~could~~ remain quiet for 1 or 2 hours, he could generally retain what he
had swallowed, the practice of sleeping after dinner, so much exprobrated by some as an
idle indulgence, is, I believe, not only rational, but also conducive to health and
soundness of intellect. It would be a great improvement suggested by true philosophy,
if, instead of making our principal meal of dinner, we should reverse the



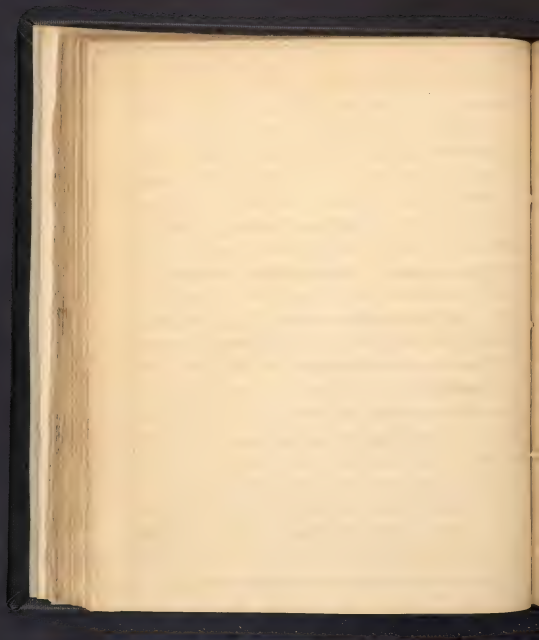
However, instead of depriving it of its night, in one state, there seems to be no doubt
whether its evening or study, and without breaking in upon these, might, in its advantage
to our health, appropriate the evening to conversation, and the night to rest.

Edm. J. Smith

2nd. Diet. We have now come to that part of the treatment
which, though in writers on Indigestion it has obtained little attention, is yet considered
by many as, ^{perhaps} the most interesting in the tract. It is not to be a hasty view of the dis-
ease, without paying attention to diet, is not only to make our lives a trouble, but also
to do the patient a most serious injury. By a proper regulation of food, we remove a per-
manent cause of derangement in the stomach, and leave that organ, by its own natural
power, to regain the condition from which it had been forcibly withheld. Hence this treat, however
ever we embrace the consideration, not merely of food, but also of food and drink; and of
all other substances, which, without containing much of any nutrient, are commonly
placed upon the tables of our country. Especially Coffee, tea, the various condiments, the spi-
rituous liquors &c. are among the articles included in the general term of Diet. In consid-
ering a subject so extensive, it will be proper, for the sake of avoiding confusion, to make
some general division; and none strikes me as more eligible than that which divides
the several articles of Diet under the 2 heads of solid & liquid. Each of these will almost
necessarily ^{more or less} encroach on the other, an objection, however, to which any other division
is equally liable.



(a) Solid Aliment. Though we are unable accurately to determine what circumstances give rise to the different degrees of facility with which the various kinds of aliment are digested, yet with this much we are acquainted, that the facility is, for the most part, proportionate to the quantity of nutriment afforded. Thus, it is allowable to say in general terms, that animal matter is more easily digested than vegetable, and consequently better adapted to persons labouring under Dyspepsia. But between the different kinds of animal food, there is almost as much difference as between this & vegetable. The old is preferable to the young, the wild to the domestic, and the fresh to that which has been dried or salted. Tension, Leaf, muscles, and the whole flock of poultry are the meats which best agree with a debilitated stomach. Of the great family of Fish some but the Scapto deserves to be ranked among those aliments which are derived from birds & quadrupeds. Fish, sea, salt-meats of every kind, clams, lobsters, fish, and sea food when fish is fresh are inferior to the substances above enumerated, & should be employed only when the others can not be obtained. - There are certain products of the animal Kingdom which have not yet been noticed, but which, from their forming so great a share in the diet of every one, are highly worthy of our attention. Eggs, butter, cheese, liver, truss &c. &c. are the articles to which I allude. - Bacon is there is another product derived either of the animal or vegetable Kingdom, more easy of digestion, & better calculated to suit an irritable stomach, than the one just mentioned. Eggs, however, if we wish to obtain their full advantage, should be several times new, or at least in a soft state. I do not recollect ever to have found either Bacon or Liver was useful in Dyspepsia cases; but judging from my own experience, & from the testimony

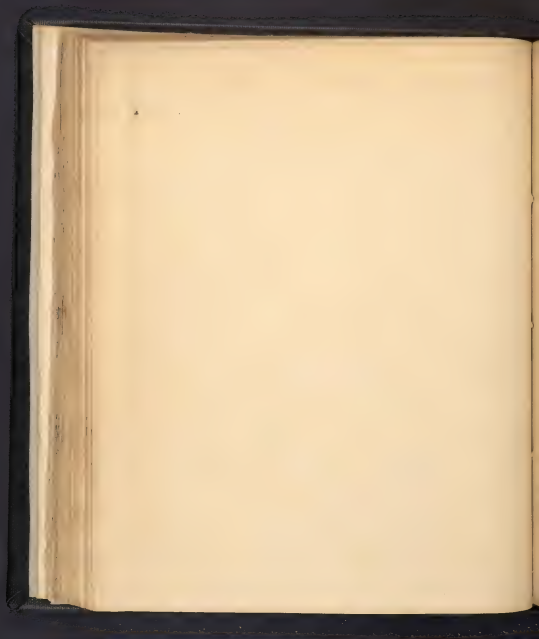


of the glandular substance, I should decide in the affirmative. Of butter, cheese, margarine, &c. little can be said in commensurations. I know a family who even on the basis of using the first to a great extent, of whom almost the whole ones afflicts with indigestion in one way or another. Cheese when very old, may be useful in Dyspepsia as a condiment, but never as an article of food. Sauces, & their kindred preparations should be entirely excluded. Of milk I will speak under the head of liquids. ----- With regard to vegetable aliment, a very few remarks will embrace whatever is worthy of notice. As the Irish except tubers, the whole tribe of melons, and all the fruits of our country should be excluded from the diet in Dyspepsia, especially if an irritant to be strict. An exception, perhaps, may be made in favour of the Irish potatoes, which, when dry & mealy, partakes very much of the nature of the grainacea. The different grains, as wheat, rice, Indian corn, rye, buck wheat, and the barley, &c. are superior to the Irish vegetables, but are far behind ~~them~~ the products which we obtain from the several tuberoses. Wheat and rice are the best in the catalogue, and of these the latter should be preferred.

But merely to mention the articles which should constitute the diet of a Dyspeptic patient, is without detailing the methods of preparing them, would be to collect the materials & never to erect the edifice. It is, in fact, as much the business of a Physician as of a Cook, to be acquainted with the manner in which food should be prepared, with the great difference, however, that the object of the former is to judge what man is best calculated for the health of the patient, while to gratify his palate is the sole design of the latter. Of the several methods of cooking meats, roasting or broiling is the least exceptible, baking is



superior to beering, and giving a without exception, to most. That rendered by iron is more ^{generally} wholesome than it otherwise would be, is the crust with which great waters in this way are ~~prepared~~ ^{prepared}. The crust which remains beal-crusts are, the crust is one of the most important. The articles of Diet that can be bought on the table. Beal, another name in which waters are ~~are~~ often prepared, though by some it is thought to be of easy digestion, is in fact very much to the contrary. This is because a good water can be that of animals, then which nothing can be better adapted to a delicate stomach. The spice of beal, malted, concentrated in a small space all the nourishment contained in a large portion of malt, so as to make it as condensed as almost pure nutritions. Stomach with beal or some other beal, it is by no means unpleasant to the palate, and nothing better could be given to a person whose stomach is extremely delicate. There are however some substances which instead of being rendered better by any process of cooking, are always injured, & should therefore be swallowed raw. Agrostes & goose are those to which I now particularly allude. Either of these in its natural state is as well adapted to a weak stomach, as, when it has undergone certain animal processes, it is injurious. Agrostes stands almost so nothing, and resembles more than bears little resemblance to the same articles in their previous condition, as the glue of the shops, does to the calf's foot jelly which is sold at the confectioners. Almond juice of all kinds should be excluded from the Diet for Indigestion, for though the fruit is not, as yet as I know, injured by the process of baking or stewing, yet the crust crust, softened by the juices which have penetrated it, will never agree with a person who has any claim to the title of a Dyspeptic. Indeed, the crust of every kind is extremely pernicious. Why the

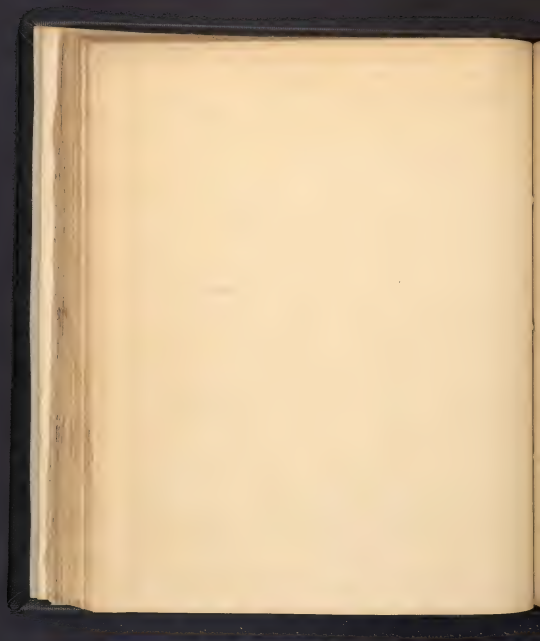


addition of a little lard or butter to flour renders it so much more difficult of solution in the gastric juices, I am at a loss to determine. The small quantity of flour which is employed renders it probable that the immixt difficulty is not owing merely to the nature of these substances in an uncombined state, but to some chemical change effected by their union. The same difficulty occurs in accounting for the circumstance that fermented bread is not so easily digested as crackers, or bread without ferment. The fact, however, is well established, and, when we recommend a proper Diet to a dyspeptic patient, should always receive our attention. I have mentioned that wheat, rice, and Irish potatoes might be used sparingly in this disease. The manner of preparing them is almost as important as the cooking of animal food. All these preparations of vegetable Food which are made by the addition of flour, lard or butter, as pan-frying, short-cake, butter biscuit &c., together with such as are boiled or roasted, as puddings, dumplings, and bread and well cakes, should, as much as possible be avoided. Even fermented bread should be employed only after it has become somewhat stale, and has lost that tenacity which it generally possesses in an entirely fresh. By boiling the bread we overcome this property, and render it more suitable for the diet to form a part of the Diet which we are endeavouring to institute. But crackers are, without exception, the most suitable preparation of wheat-flour which can be resorted to. Rice should be boiled, or, if made into a pudding, the butter should be omitted. Potatoes ought always to be roasted. . . . If the use of condiments will find little need be said. They are generally such articles as are calculated to stimulate the stomach, without exciting it too highly, or without causing much succeeding exhaustion. Their employment,



Patients, must be asked on every case of Dyspepsia.

(b) Liquids. If the great variety of drinks in vogue we very soon should be obliged to enter into the regimen which we ought to prescribe for patients afflicted with the disease. The pernicious effects of coffee & tea are so well known to every one who is at all acquainted with medical subjects, that physicians against their employment in Dyspepsia have become almost as much among Medical men, as declamations against Tory among politicians. But the patient is not content with being informed that these articles are injurious. By long habit he has become fond of them, and, unless some substitute can be offered, will not easily be induced to lay them aside. Good substitutes, however, may be found, and should always be resorted to. By boiling rye feed the grain has burst, & then drying & burning it in an oven, we have again a preparation from which a beverage may be made little inferior to coffee in flavour, & far less noxious in its operation on the stomach. Horvate also, when made as recommended by Dr. Chapman in his lectures, is grateful to the palate; and, without running the risk of sickness which an object against it when prepared in the usual way, will fully supply the place of tea or coffee. But the liquid which, perhaps is the best substitute that can be adopted is milk. This, at the same time that it agrees remarkably well with the stomach, serves also for nourishment; and will support the patient through the use of other aliment. Indeed, Dr. Chapman informs us in his lectures, that by confinement to a diet exclusively of milk, cures have been effected without resort to medicines. If it should disagree with the stomach at first, this, he observes is owing to the novelty of the imposition, & after 3 or 4 days no unpleasant effect will be experienced. Few patients, however, would be willing to submit to a diet so rigorous. There



are some preparations of milk which, judged all its advantages are might serve in a change when the milk itself has become disagreeable from its continued use. Cold Cream, consisting of sweet milk with the addition of some rose, or rose water, might often be used in a different method of food or drink. The preparation of the milk will not be so various as an objection against it, when it is considered that the same process takes place in the stomach, and that we are in our active parting an event which would otherwise have been brought about by the operation of nature. Milk sweetened with sugar is another form in which that fluid may be taken with advantage.

— Porter, ale, and beer are drinks in common use, and seem to be proven very different effects on different patients. There are some with whom porter, others with whom ale agrees very well; but there are many to whom either of them from its aptitude to become acid in the stomach, should be absolutely forbidden. Beers & Ciders, I believe, from the same cause, are almost always injurious. Rhe Madiera, or Port wine, may be sometimes allowed, where there is no danger of its being abused. Brandy & Water is a dangerous indulgence, and though moderately used may be of advantage, is yet too liable, by affording temporary relief to the tortures of a disordered stomach, to induce a habit of intemperance, which any afterwards consequent resolution will be unable to break. No drink in which distilled spirits form an important should ever be presented. Portable acids in warm weather, are often drunk in combination with water; but, for an obvious reason should not be allowed in dyspepsia. Of Broths I have already spoken. I do not recollect any other topics which is worthy of notice on the present occasion, and shall therefore conclude my remarks relative to this subject. Having then detailed all the important articles ^{to} ~~that~~ in the regions of Asafoetida & Indigestion, and related briefly the manner of preparing them, I have nothing more



to say under the head of Diet; than to indicate some general rules which should govern i. e. the man-
agement.

(c.) General Rule. As I have already stated while treating of the causes of Indigestion
that distention of the stomach is a frequent symptom. It follows, therefore, that the pa-
tient should not eat much at a time, and should be careful not to drink largely either
at meals or on other occasions. It is a great objection against the employment of salt meat that
it induces thirst, & an extravagant use of drinks.

(2) 2nd. rule as less important than the 1st, is, you also on the same grounds, that the stom-
ach when once fed is always doing mischief. A dyspeptic patient should eat often during the
day, and should even be waken in the night to take food. Dr. Leconte (artical I before
advanced) that a superabundant quantity of gastric liquor is secreted in some cases, a
deficient in others, the reasons for adopting this mode of eating are obvious. In the one case
by frequently swallowing food, we shall employ the gastric juices, and thus it prevents
tating the empty stomach, in the other, by the same means, we shall be in less danger of pe-
fending the internal coat of the organ, & consequently of exciting vomiting, than if we were to
throw in at one time a quantity of aliment too great for the deficient gastric liquor to manage.

(3.) If it is true, in some instances, that by the custom of using an article of food at first disagreeable
we at length become extremely fond of it; it is not false in others, that by confinement to an article
at first agreeable, we may acquire for it not only a dislike, but even an aversion with disgust.
This is particularly the case with dyspeptic persons, & arises probably from an appreciation of the article
food with the unpleasant feelings occasioned by the disease & under which they labour. I must



is sometimes so strong, as to cause an propensity for the patient to become drowsy, for in this position the imagination has great influence over the digestive function, and if any dis- agreeable association be formed, it will produce a unpleasant effect on the stomach, although the article taken were in itself of difficult digestion.

(4) Often the appetite is extremely poor, and we can rarely, knowled on the patient's table of any kind. The great care is necessary to avoid giving offence to the stomach, which results in inevitable temper, that not only excites the slightest appearance of disrespect, but even finds insult lurking under the greatest show of deference & friendship - In a person with such an appetite nothing can be more offensive than the sight of ^{of} "sauced dishes, or even the aroma arising from materials recently cooked. There is giving him food we should ~~rather~~ ^{rather} only small quantities at a time, and here, that they may not hurt ^{the} sense of smell, should be presented cold. Having now ~~completed~~ finished a lecture observations in regard to one as worthy of particular relation to Exercise & Diet, I proceed to the 3rd division of the 1st general theme, viz. to the consideration of the methods by which we may recover those attendants of Dyspepsia that serve to aggravate & obstruct the cure. -

3rd. Attendants of Indigestion - Nothing is more true than to find that when the stomach has been affected with dyspepsia, it occasions a variety of secondary disorders, which, though consequent upon the primary disease, have nevertheless a powerful reaction on the stomach itself, and thus produce effects exactly similar to those which follow the operation of pestiferous causes. Of these are, 1st. These collections of vitiated secretions & indigestible food which are called crudités; 2nd. Acid in the stomach; 3rd. Vertigo; & 4th. a Depressed Mind.



(1.) I can very well conceive, that the outlet of a stone in the stomach, such as a hair, which may irritate the internal coat, and therefore require to be removed. Further, the vomiting & retentions that occur in some cases of Dyspepsia are a kind of its assistance. These emetics are indicated. But a frequent repetition of this class of medicines, is apt to produce the very disease which in an encumbering manner, as they should, therefore be used as seldom as the nature of the case will admit. Another instance in which an emetic may be resorted to, is when the patient, is greatly the craving appetite which sometimes accompanies the disease, has insufficiently digested a great quantity of aliment, and has consequently occasioned much pain & oppression in the region of the stomach. In the same circumstance of the treatment it is recommended by Cullen to excite vomiting for the sake of removing viscidities. But that emetics always exert in the stomach when the physician is first resorted to, is a statement that will admit of much doubt. Dr. Chapman gives a far better reason for this practice, when he says that emetics produce a revolution in the action of the stomach, and thus give the first impulse towards the restoring of its healthy operations. Emetics, however, in the great majority of cases, may be effected without them: and in those only which are very severe, and require a sudden & powerful intervention, should I, on the principle of the Proffer of practice, excite vomiting in the beginning. When an emetic is indicated & necessary, both from its efficacy & safety, it is to be preferred over every other.

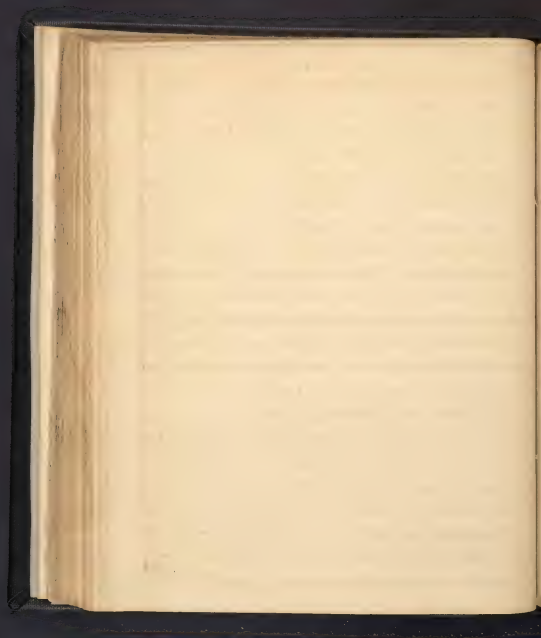
(2.) Stasis in the stomach, whether occasioned by the fermentation of the food, or by a diverse secretion, is productive of very disagreeable symptoms; and, as long as it remains, must aggravate the sufferings of the patient, and render the primary disease more difficult of cure. Its removal, therefore, should be effected as soon as possible. The best method of procuring
Emetics



to desirable an end, it is to employ such substances as may chemically unite with the acid, to form a neutral mixture. The absorbents are numerous, and independent of that quality which characterizes the class, are possessed of various others, by which they are calculated for answering different & even opposite indications. Of this circumstance we should remind ourselves. Thus, for instance, with acidity of the stomach, it is desirable to remove bitterness also, the Magnesia on account of its laxative property, should always be preferred. On the contrary, if diarrhoea is an accompanying symptom, the chalk mixture is the most appropriate remedy. When the stomach requires a tonic in purgum, we may employ the carbonate of potash or soda; thus causing at the same time an absorption of the acid, and the evolution of a gas. Now which, nothing is more essential to the debilitated organs of digestion. When there is much sickness, and the patient finds great difficulty in retaining his food, no absorbent is so well calculated to meet the indication as lime dissolved in water: if this solution be united with new milk in equal proportions, & a table spoon full be given every hour during the day, we shall, at the same time, remove the acid, correct the sickness, & afford nourishment in the most appropriate form.

(3.) There are few causes which act more powerfully in protracting Dyspepsia than belching; but to overcome it we should never resort to a frequent use of the Stomach pump. Lactatives are here the proper medicines, and the best of these is the combination of Magnesia and sulphur, recommended by Dr. Chopman. In those instances where sugar or molasses do not become sour in the stomach, would it not be advantageous to combine them with the other articles of Diet, and thus by the same means overcome the costiveness & afford nutri-

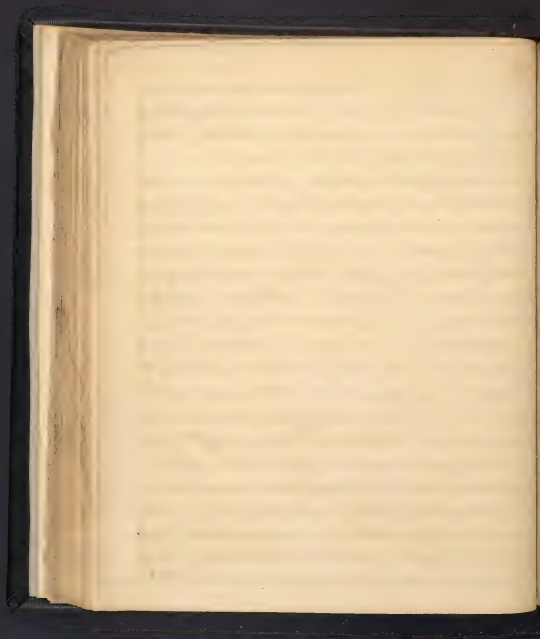
(11) next



in the body? No doubt, strong, even ~~it~~ ^{it} ~~is~~ ^{is} ~~in~~ ⁱⁿ ~~the~~ ^{the} ~~patient~~ ^{patient}, during at a particular time, & select evacuations, even though there may be no immediate indication. In almost every operation of the system we are more or less under the influence of habit, and in few instances is the power of the power to be made perfect, as it is in the one case our action.

(3.) of two symptoms of hysteria which assist in, although not always, the last one I shall have occasion to mention is deviation of thought. This is often a primary cause of hysteria but a still oftener occurs as a consequence of that complaint. As I have seen it quite in the power of the physician to make much complaint of it, if the patient is nearly less excited, or, at least being contradictory strong propensities, we should endeavor to attract him by appearances of a steady course, & should inspire him with confidence in our abilities, by explaining the operations of the nervous, and relating examples of our success. Sometimes indeed it may be useful, but often it is going on is inevitable that his mind will be a nervous resort, with many feelings the attention is not another standard, may, perhaps occasionally be successful, even in the faintest, & in this latter condition calibrate the spirits. But without exception the most efficacious method is to send the patient on a journey to some favorable watering place, where the variety of occurrence and the necessity of every mental action, & the kind of the exercise, & the time, & the change of the climate, will often prove successfully beneficial.

But when the patient has been seized with some hyperchaemic disease, & that he is desirous of a mental confinement, that he is under a day, that causes a considerable strain, or some other of the same kind, and obviously he is not in maintaining the disease, we should remove the constraint, & the some suitable circumstances, and make such a powerful impression on his mind, as to remove him from the disease, & create a complete revolution in his train of his sensations.



II. The means of restoring tone to the Stomach.

Whilst we have been directing our attention to the removal of those causes, which operate in the production & continuance of Indigestion, we have been enjoining the patient to Nature, giving her full opportunity to exert her own powers in promoting the restoration to health: but often she has been so overpowered by the shackles which Disease has imposed upon her, that extraordinary assistance is necessary ^{or} she can gain the desired end. One purpose, at present, is to point out the correct method of affording this assistance. The means of restoring the stomach to its healthy condition, after the causes of disease have been done away, are such as act either directly or indirectly on that organ.

1st. The remedies which act directly on the stomach are appropriately denominated medicinal, and produce either a powerful, but ever exerted impression, or one slight in degree, but permanent in duration. Of the medicines belonging to the first class, Spiceless liquors & Opium are those only which it is necessary to particularize, of these we need say no more, than what may serve to guard against their employment. They are, indeed, the greatest enemies to which a person afflicted with Dyspepsia is exposed to, though they alleviate for a moment, the tortures of the stomach, the pains of the body, the benefit however is transient, the evil great & lasting. The most inveterate, say of them, what Oration applies to the ^{weak} Spirits. - "Habeo hominem cum simulat bene se habere, et postea innumerabilia vicia deinde." - Death has not unfrequently been the consequence of this practice, practised in the first place as Medicines. In ^{the} second then we should always resort when the use of remedies immediately affecting the stomach becomes impracticable.

1877

The first of the year was a very cold one, and the
 weather was very disagreeable. The snow was
 very deep, and the wind was very strong. The
 day was very long, and the night was very
 short. The sun was very bright, and the
 moon was very full. The stars were very
 clear, and the sky was very blue. The
 water was very cold, and the ice was very
 thick. The land was very dry, and the
 trees were very bare. The animals were very
 thin, and the birds were very few. The
 people were very poor, and the houses were
 very small. The roads were very bad, and the
 bridges were very weak. The ships were very
 old, and the sailors were very lazy. The
 government was very corrupt, and the
 laws were very bad. The country was very
 poor, and the people were very unhappy.

Of them there is an immense variety, derived both from the vegetable & Mineral Kingdoms; but it is my design to select those only which I am attracted, most attention, and are best calculated to effect the desired end.

(1.) Tonics from the Vegetable Kingdom. The sensible qualities which characterize this order are bitterish and aromatic pungency, sometimes separate, but often combined in the same article. The pure aromatics afterwards, are less than the latter to the class of Stimulants and are not therefore so permanently beneficial. Some, however, are employed in dyspepsia with advantage; and nature, by planting them in a climate where complaints of the stomach and bowels are extremely prevalent, seems to have pointed them out as appropriate remedies. Ginger is, without exception, the best of the aromatics, & is particularly serviceable in cases of a debilitated stomach. The modes of administering it are various. By mixing ginger-sauce with soda-water, we may obtain combines in a most delightful draught, the laxative quality of the syrup, the absorbent property of the soda, and the tonic power of the ginger's carbonic acid. It may also be taken in infusion or decoction, either alone, or, what is preferable, in combination with some of the other tonics. - Cinnamon, nutmeg, Orange-peel &c. are more or less useful in Indigestion, & may be prescribed as additions to the more powerful Medicines. When thus conjoined, they are generally given in decoction or infusion, and serve to conceal in some measure the disagreeable taste, which is so formidable an obstacle to many a delicate palate. - The Oil of Anise, Peppermint &c. may be employed as accompaniments of other Medicines, especially when the patient is troubled with flatulencies. - The pure Coltsfoot, Gentian, Dandelion, Columb



are more efficacious than any of the preceding articles, & frequently an useful part in the treatment of Dyspepsia. They may be administered in infusion, decoction, or powder; but the last mode, for a reason already mentioned, should never be employed. The Extract of Quassia is a good preparation, & is given in the form of pills. Stops in infusion are strongly recommended by Dr. Elisha, who informs us that he has experienced benefit from them in very obstinate cases. The Peruvian Bark is not so much employed as some other tonics of inferior power. The Medicines above enumerated, according to the judgement of the Physician, or the fancy of the patient, may be variously combined with one another, or with the Mineral tonics. —

(2.) Tonics from the Mineral Kingdom. The number of medicinal articles which may be ranked under this title, is little inferior to that of the vegetable tonics; & a list of them might be made to include almost every suitable preparation with which we are acquainted. I shall, however, content myself with naming a few of the most efficacious. Of the Carbonate acid I have already expressed my opinion. The other Mineral acids, especially the Nitric, Sulphuric, & Muriatic are frequently of strong tonic power, united with sugared water, form a pleasant drink, which may sometimes be taken with advantage. But their property of corroding the teeth is very small against them, and, as long as we can have recourse to the Chalk, will be sufficient to turn the scale in favour of the latter. Indeed the preparations of iron are almost the only Mineral tonics which are much employed in Dyspepsia. The Carbonate or Red of Iron stands, I believe, at the head of the list. Given in powder, pills, or solution, either alone, or combined with other tonics, it has often been of great service in strengthening the debilitated organs of digestion, & will ever continue to hold a high rank in the estimation of practitioners.

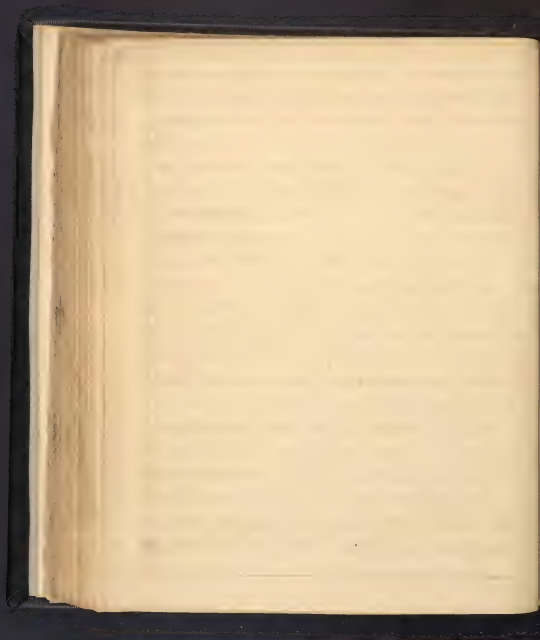


Dr. Chapman, however, prefers the Sulphate the use of which, in the form of pills, he calls the "most & most efficacious method of administering iron." The Mineral Waters which are another preparation which deserves our highest consideration. The Mineral Waters which are drunk in great quantities at the various watering places throughout the United States are not deficient in tonic powers; & moreover, in some instances, possess a local property which renders them still more beneficial. - To enumerate the preparations of Copper, Iron, Lead, Arsenicum, although they all possess tonic powers to a greater or less extent, is wholly unnecessary, for few of them are ever resorted to, and the acids, Chalybeates, & vegetable tonics already mentioned, are quite sufficient to answer every purpose that can be obtained from the use of this class of Medicines. -

2nd. Remedies which act indirectly on the Stomach. Every one who is at all acquainted with the economy of the human system, knows that between the Skin and Alimentary canal there is a strong sympathetic connection, so that by giving strength or tone to the one, we also communicate it to the other. Upon this ground it is that in Scrophulous we recommend the application of articles slightly stimulating to the surface of the body; and also the use of such matters as may prevent the skin from exposure to irritating causes. The Cold Bath has long been employed in this complaint, and is of incontestable advantage. Raising the languor of the cutaneous vessels, so often an accompaniment of Scrophulous, it creates a glow over the surface, and causes the whole system, but more especially the stomach, to feel its general influence. The cold bath, however, should not be employed when the patient is in a profuse perspiration, for in such instances, the cutaneous vessels do not so easily recover from the

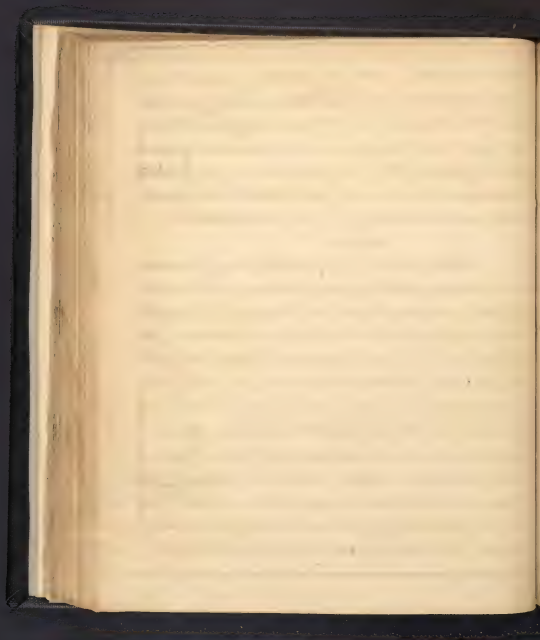


part shock, and the reaction, when it does take place, is not so healthy as when it succeeds a moderate erysipelas on the skin. The most suitable time for using the bath is just before the patient goes to bed: as then the excitement which it produces, is not interrupted by any of those causes, to the operation of which, during the day, almost every individual is liable. Another reason for preferring this time of employing the bath, is, that by its operation, the insensible perspiration of the patient is increased, and a sleep of consequence more easily induced. — Another method of exciting the skin is the use of the flesh brush. This may, perhaps, be attended with some advantages; but, on account of its partial operation, I should always consider it as inferior to that which has just been claiming our attention. — The washing of the feet and the skin is a practice which the sensible patient should always follow. The hands &c. are frequently washed too. The hands &c. by its action acts as a slight rubefacient: and by its help of preventing heat with difficulty, it maintains an equality of temperature which is of vast importance to the preservation of health. As the feet &c. &c. are often habitually cold, and as the stomach sympathizes with every part of the skin, the employment of wooden shoes &c. is highly indicated. If these are not sufficient to keep up a due degree of action and consent our mouths, they may be slightly stimulated over with camomile pepper, or some other stimulant of a similar nature. & thus the heat of remedies acting indirectly on the stomach, may be extended closer to the surface. Thus, I have no doubt, will often prove advantageous in Dyspepsia, by creating an action externally which may be extended to the stomach by continuous sympathy.



as the circles made by throwing a stone in the water, & from a great distance on every side; and as the ^{circles} circumference of these ~~circumstances~~ is more strikingly marked, the more it is to the central point; so does the Bista produce an effect on the stomach greater in proportion to its closeness; & consequently is most advantageous when applied to the epigastrium. But to prove effectual, it must be so frequently repeated, and cause so much inconvenience to the patient, that I would not prescribe it, unless in cases which has resisted for a long time all further treatment.

All that now remains to be accomplished, is to say a few words relative to the removal of Chasalgia, Pyrosis, & Gastricium, of which we have already spoken as symptoms of Indigestion. The first, depending upon acidity in the stomach, is to be removed by those medicines which are calculated to destroy the cause. Pyrosis, when it accompanies Symplocia, is to be removed by attacking the root of the tree to which it is attached, and almost always disappears under the use of that treatment which we have just been describing. There is, however, a medicine which is said to be peculiarly adapted to the treatment of Pyrosis, Gastricium; and as such has been highly recommended by several European & American physicians. The rub. vitæ, or, as others call it, the white oxide of Bismuth is the medicine to which I allude. It is given in the same dose with the carbonate of iron, and is probably very similar to that carbonate in its action on the system. In the treatment of Gastricium, a remedy introduced into




regular practice by Dr. Physik, has obtained an extensive reputation. That
advantage a leg. made from Rieckow ashes ~~is not~~ with the addition of a little dust,
has over the carbonate of potash which forms the most active ingredient, we must
leave to the decision of those who have experienced the effects of both. A priori we
should suppose that there would be very little difference; but the observation of practitioners
is against us. - At any rate the remedy has accomplished one brilliant cure
the importance of which gives dignity to its reputation; and a leg. made from
Rieckow ashes ~~is not~~ will be remembered with thankfulness, as long as Surgical
chirurges properly will shall claim the qualities of manitins.

3

In the plan of treatment which I have laid down, the most
obstinate cases of Indigestion will hardly ever fail to ~~be~~ be cured. In those in-
stances, however, where the disease depends on a morbid affection of some one of
the viscera, the original complaint, must be done away, before the patient can be
experienced a cure; for we cannot divide the chord of Sympathy; and, as long as
my place ~~in which~~ it retains a place of attachment, the disorder which it affects
will ~~must~~ invariably continue. I have now accomplished the task
imposed on me as a candidate for the honour of a degree in the Medical depart-
ment of the University. I have completed an account of the causes, symptoms,
and treatment of Indigestion; and have at length received from the Senate,

in the intricacies of which, if I have sometimes been bewildered, the only
excuse that can be urged in my favour is, that I have not possessed the kind
of experience to guide me.


Pine's
